

# MENTAL HEALTH DIRECT CARE

**The Associate of Arts in Mental Health Direct Care is a liberal arts program with an emphasis on mental health issues.**

Mental Health Direct Care is a unique program of study within the Associate of Arts general transfer degree. Completion of the program indicates the student has completed a course of study equivalent to the first two years of a bachelor's degree.

Students will learn the complexities and subtleties of mental health, and mental illness. They will learn why and how people suffer from these often devastating illnesses. In addition, students learn how these illnesses can be effectively treated using a variety of treatment interventions including psychotherapy, social interventions, and medication options.



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**The University of  
Montana – Helena**

UM-Helena is accredited  
by the Northwest Commission  
on Colleges and Universities.

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# MENTAL HEALTH DIRECT CARE

## LENGTH OF PROGRAM

**4 Semesters**

## TYPE OF PROGRAM

**Associate of Arts  
Degree (AA)**

## SEMESTER OF ENTRY

**Fall or Spring**

The suggested sequence is for students entering in the fall semester.

Please see your advisor for a suggested spring entry sequence.

## ESTIMATED COST

for Montana Resident  
Based on full-time  
enrollment

Tuition and Fees	\$6,144
Application Fee	\$30
Books/Supplies/ Tools	\$1,600

**Total**            **\$7,774**

The liberal arts transfer program prepares students to transfer to four-year institutions taking with them the fundamentals needed to perform well in upper-division courses and majors.

As a mental health direct care provider, students can deliver services ranging from case management, social interventions for adults, adolescents, and children, to entry level counseling positions. Mental health direct care providers are often the major contact mental health consumers have with other providers. Other providers such as psychologists and psychiatrists deeply value accurate input on how a client is doing, and providing accurate information enhances the effectiveness of care the client receives. In addition, having an Associate of Arts in Mental Health Direct Care opens doors for employment while completing a four-year degree, and valuable experience for further advancement of education.

Students in the Mental Health Direct Care program will take the following courses in addition to the core requirements for an AA degree:

Number	Course	Credits
PSYX100	Introduction to Psychology	3
PSYX230	Developmental Psychology	3
PSYX240	Fundamentals of Abnormal Psychology	3
PSYX 120	Research Methods I or	(3)
PSYX260	Fundamentals of Social Psychology	3
CAPP131	Basic MS Office	3
PSYX161	Fundamentals of Organizational Psychology	3
BIOL107	Basic Anatomy and Physiology I with Lab	4

The remaining requirements for an Associate of Arts Degree include credits from the following areas:  
(See the college catalog for more information)

Natural Sciences	10
Written Communication	6
Oral Communication	3
Humanities/Fine Arts	6+
Capstone	2

These courses are within the General Education core requirements, with the exception of Introduction to Microcomputers. This combination of courses effectively meets the needs and necessary skills required to provide high quality mental health direct care. Skills in microcomputers are valuable in almost every job marked today.

See the AA degree program card or UM-Helena Catalog for AA degree requirements.

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